



COURAGE, RESILIENCE AND FAILING WELL

勇往直前，百折不挠，败而不倒

www.taolearn.com

Email any questions to 电子邮箱: lance@taolearn.com

21st C skills courses for students of all ages

面对学生的21世纪技能课程

- **Learning About Learning** - for Year 6-9, Grade 5-8 students
 - noticing and improving learning strategies and techniques, developing personal learning strategies for success at school

学会学习 - 适合5-8年级学生

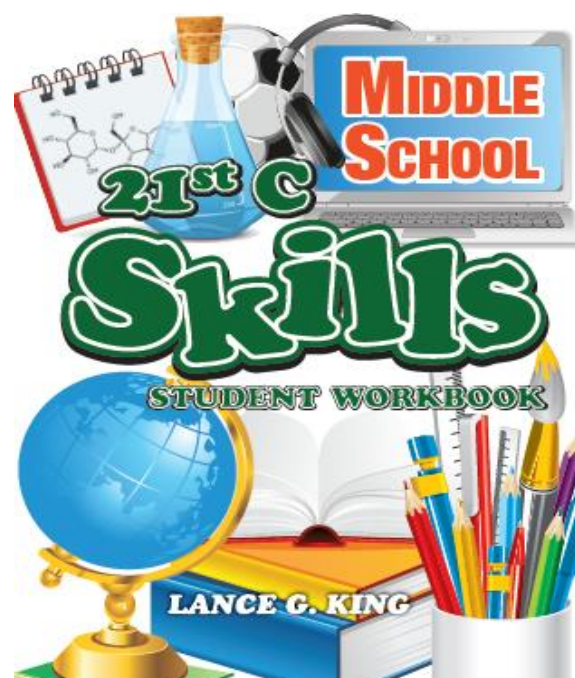
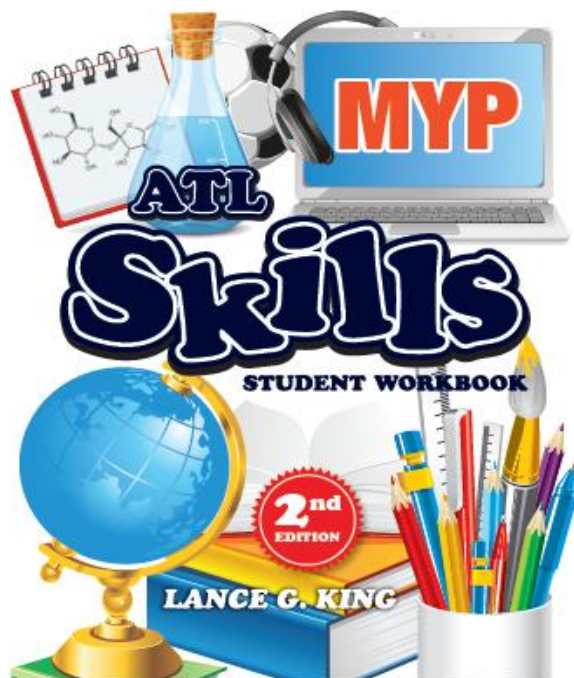
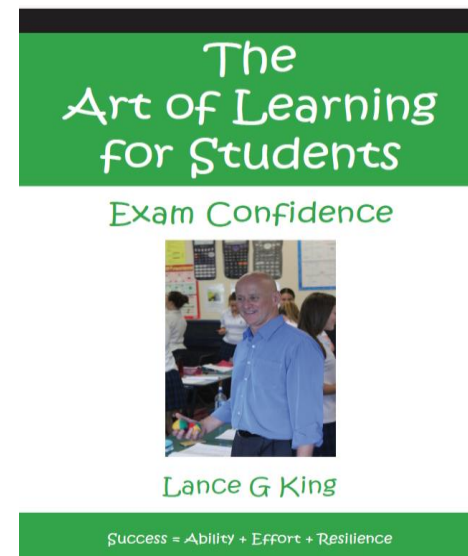
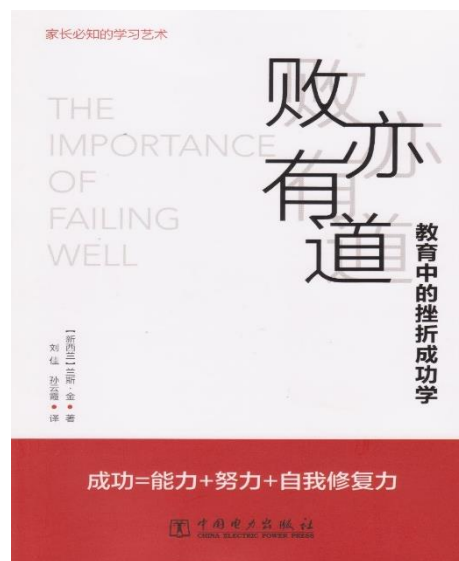
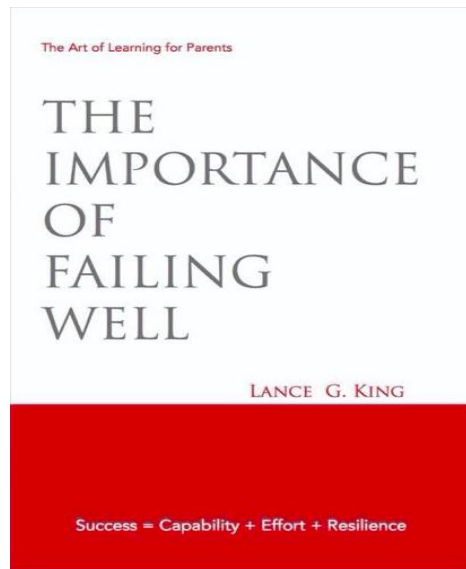
 - 提高学生的策略和技巧,培养适合个人的学习方法
- **Exam Confidence** - for any students sitting exams
 - practical study and self-motivation skills for high achievement in all tests and exams

应试技能 - 适合所有参加考试的学生

 - 高效实用的学习技巧和自主学习技能和应试技能
- **Courage, Resilience and Failing Well** for students of all ages
 - thinking strategies for dealing with pressure and stress, overcoming difficulties, developing resilience

勇往直前、百折不挠、败而不倒 - 适合所有年龄段de学生

 - 缓解压力的思维技能,克服困难、百折不挠





THE ART OF LEARNING

Changing the world **one child** at a time



Lance G King AND PARTNERS:

Welcome to the Art of Learning where I hope you will find all the resources and course information you need.

Please feel free to email Lance lance@taolearn.com or Eric eric@taolearn.com directly with any questions or feedback and you can also click on the "Availability" tab to view our individual schedules.



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Publisher of all my ATL resources



Resources for **Teachers**
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Resources for **Students**
LEARN MORE >



Resources for **Parents**
LEARN MORE >

ENDORSEMENTS

"Lance is friendly adaptable and utterly professional. He will adapt courses that he has to the needs of the school and the pupils; he also runs courses for parents and teachers. We are at the moment looking closely at what else his organisation can offer our school."

SHREWSBURY INTERNATIONAL SCHOOL BANGKOK

What is the purpose of school based education today? 学校教育的最终目标是什么？

To help your children: 帮助您的孩子

- pass high stakes exams?
- gain good qualifications?
- get into a good university?
- prepare well for 21st C careers?
- learn how to make a positive difference in the world?
- develop into expert learners?

- 通过大规模标准化的考试？
- 得到好的文凭？
- 上好大学？
- 为21世纪就业做好充分的准备？
- 学会怎样为世界做贡献？
- 如何善于学习？

To help them become: 帮助你的孩子

- self-motivated
- self-managed
- independent
- lifelong learners?

- 自我主动性
- 自我管理能力
- 独立能力
- 终生学习者

Characteristics of successful, lifelong, 21st Century learners?

21世纪成功的终生学习者的特征

- able to focus and concentrate
 - good time managers, well organised
 - self-motivated, hard working, persevering
 - effective researchers with good information processing skills
 - critical and creative thinkers – good problem solvers
 - good communicators and collaborators
 - information and media literate
 - responsible for their own actions
 - self-evaluating, reflective
 - self-correcting
- 能够集中注意力，专注做事情
 - 时间管理能力强，合理规划日程
 - 主动积极，努力，不屈不挠
 - 具有较强的信息处理能力的高效研究者
 - 集批判思维和创新思维于一身的思考者
 - 解决问题能手
 - 善于沟通与合作
 - 信息和媒体判断能力
 - 对自己的行为负责
 - 善于自我评价，进行反思
 - 善于自我纠正

So do you ever.....

那么你是否曾经.....

- get them out of bed
 - make sure they eat their breakfast
 - check their school bag
 - take them to school and pick them up again
 - clean up after them at home
 - drop off anything they have forgotten at school for them
 - take them to after-school activities
 - provide extra tutors and extra classes for them outside of school
 - provide motivation, rewards and planning for them
 - help them with their homework
 - find resources for them
 - make sure they go to bed on time
 - organise their sports, social, musical and academic calendars
- 叫他们起床
 - 确保他们吃了早饭
 - 检查他们的书包
 - 接送他们上下学
 - 跟在他们屁股后面收拾房间
 - 去学校为他们送自己忘拿的东西
 - 带他们去参加课外活动
 - 为孩子找家教，让孩子上各种课外班
 - 为孩子提供学习的动力和奖励，为孩子做计划
 - 辅导 / 帮助孩子做作业
 - 为孩子找学习材料，资源
 - 督促他们按时上床睡觉
 - 安排孩子的体育、社交、音乐和学习日程

Effective learning requires: 高效学习需要：

Efficacy + Agency + Action

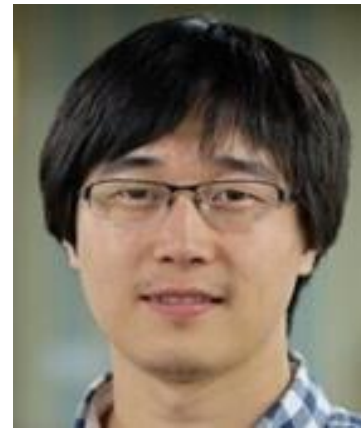
自我效能 + 能动性 + 行动

- 1) Efficacy** → they must first believe that success through learning is possible for them
 - 2) Agency** → they must have all the 21st C skills necessary for education and career success
 - 3) Action** → they must be prepared to take action, make mistakes and fail well
- 1)自我效能**→ 他们必须相信他们能在学习上的成功
 - 2)能动性**→ 他们必须拥有高效学习的所有技巧、策略、技能
 - 3)行动**→ 他们必须时刻准备好采取行动，会犯错误和学会失败

1) Efficacy – build belief in success through learning

自我效能 → 他们必须相信他们能在学习上的成功

- Role models, stories of resilience, perseverance, effort, courage 榜样, 励志故事



Efficacy – belief in success through learning

自我效能 → 相信能在学习上取得成功的可能

- **role models, own stories**
 - 榜样的故事，你自己的故事
- **self-confidence – measuring self against self**
 - 自信心 - 自己与自己比
- **self-esteem – valuing children for who they are**
 - 自我认同 - 认同孩子因为他就是他自己

Golden Rule 黄金法则

- Children are totally pragmatic – they do what works 孩子都是程式化的—实用派
 - What “works” is what gets attention from you “实用”的内容就是家长关注点
 - a) work out what you value highly 你作为家长高度重视的方面
 - honesty, humility, courage, compassion, caring, integrity, cooperation, kindness, independent thought, independent action, resilience, self-respect 诚实、谦逊、勇气、同情、关爱、诚信、合作、友善、思想独立、独立行动、百折不挠、自尊
 - b) give attention to any expression of your key values 注意你对于重视的方面的表达方式
 - c) give them no attention at all for anything else 对于其他方面完全放手

Efficacy – build belief in success through learning

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- **reaction to challenges**
 - helping them move from
“I can’t” → “I haven’t yet”
 - 应对挑战
 - - 从 “我不能” 转化为 “我还没...”

2) What are the most important 21st C skills needed for education and career success?

21世纪教育和事业成功的最重要技能是什么？

World Economic Forum 2016 survey of 350 executives in 9 industries in 15 countries: 2016年世界经济论坛针对15个国家9个行业的350名高管的调查结果

Most employable skills in 2020: 2020年十大就业技能

- Complex problem solving in digital environments 数字环境下复杂问题解决能力
- Critical thinking 批判性思维
- Creativity 创造力
- People management 人际沟通能力
- Collaborating and coordinating with others 与他人合作及协调能力
- Emotional intelligence 情商
- Judgment, analysis and decision-making 判断、分析和决策力
- Service orientation 服务意识
- Negotiation skills 谈判技能
- Cognitive flexibility 认知灵活性

From *Monster* – top job finding site

Monster高级人才招聘网站结果

Top skills employers want in 2018:

2018年10大雇主需要技能

- Problem solving 解决问题能力
- Data analytics 数据分析能力
- Social media literacy 社交媒体技能
- Creativity 创造力
- Resiliency 百折不挠
- Good business sense 商业意识
- Willingness to learn 愿意学习

21st Century success

21世纪的成功

“The world economy no longer rewards people just for what they know, the world economy rewards people for what they can do with what they know”

“**全球**经济不再仅仅回报有知识的人才,**全球**经济回报的是那些能够将知识灵活使用的人才”

Andreas Schleicher, PISA, OECD

Characteristics of students: 学生特点

Eastern Students 东方学生	Western Students 西方学生
Learn by listening and remembering 通过倾听和记忆来学习	Learn by analysis and critique 通过分析和思辨来学习
Diligent and meticulous 刻苦、一丝不苟	More easy going, relaxed 更随意、放松
Prefer exact specifications from teacher 希望老师给予非常清晰具体的指示	Prefer to find out for themselves 希望自己找出答案
Achievement reflects well on The group 成绩反映的是集体的努力	Achievement is a badge of personal merit 成绩是个人的勋章
Attuned to feelings of others 适应他人的感受	Strive to look good 努力看着不错
Focused on interpersonal harmony 人际关系的和谐	Focused on knowing themselves 关注于了解自己
Accepting of hierarchy and group control 接受等级和集体控制	Expecting equality and scope for personal action 期待平等以及个人行动的范围

When Eastern students get to Western schools and universities: 当东方学生去西方大学深造

They sometimes lack both skills and practice in: 有时候他们缺少的技能和实操方面包括:

- speaking up in class 课堂发言
- developing an evidence based argument 基于论述提出论据
- debating from a singular point of view 从单一角度进行辩论
- generating truly creative ideas 提出真正有创意的想法
- writing logically and sequentially 有序有逻辑的写作
- writing good quality essays, scientific and business reports
高质量的论文，科学报告和商业报告

Skills required by all students for top academic performance at school and university: 所有学业优异的学生共有的技能

- How to:如何
 - Develop arguments based on evaluating evidence for and evidence against and defend their point of view in debate 在辩论中如何基于对方论点论据来组织自己的论述
 - Use logical structure in scientific writing: background – problem – hypothesis – testing – evidence – argument – refutation – conclusion – recommendation 在科学写作中使用逻辑结构:背景——问题——假设——测试——证据——论点——驳斥——结论——建议
 - Use both critical and creative thinking to become a good problem solver 通过使用批判性和创造性思维成为一个良好的问题解决者
 - Write structured 3 paragraph and 5 paragraph essays in all genres: descriptive, expository, narrative, persuasive and procedural essays 能够在所有文体类型中使用3段式和5段式:叙述文、议论文、说明文以及使用手册等

3) Action – taking action, making mistakes and failing well
行动→ 采取行动，不断试错，学会失败

All of the **top academic**
students had learned how to
fail well

所有学业优秀的学生他们
都已学会在 *挫败中成长*

Whereas all of the **lowest**
academic students were
failing badly

而所有学习不好的学生都
已在 *挫败中消沉*

Reactions to Failure 面对失败的反应

Failing Well

- Acknowledging your failures
 - taking responsibility for your own actions
 - working out what you did wrong
 - making changes, and
 - doing it again
- 承认失败并深刻认识到失败
 - 认识到责任在于自己的行为
 - 找出自己做错的地方
 - 做出改变
 - 重新再来一次

Failing Badly

- Blaming the school or the 'system'
- Blaming other people
- Pretending you never get or do anything wrong
- Adding drama to failures to avoid dealing with them
- Avoiding any activity that could possibly result in failure
- 责怪学校或“系统 / 体系”
- 责怪别人
- 假装自己从未做过或没有任何错误
- 夸大失败而不直接面对
- 避免任何导致失败的行为或活动

The Art of Learning for Parents

THE IMPORTANCE OF FAILING WELL

LANCE G

Success = Capability + Effort

家长必知的学习艺术

THE IMPORTANCE OF FAILING WELL

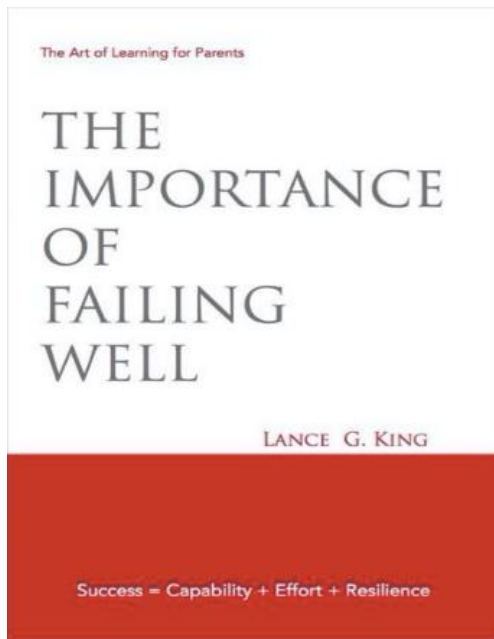
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教育中的挫折成功学

【新西三三斯·金·刘佳·孙云霞·译】

成功=能力+努力+自我修复力

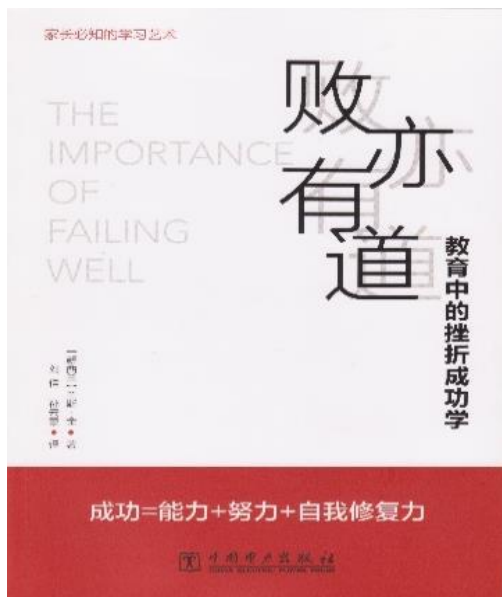
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~~78¥~~

200¥

兰斯金
Lance G. King

The
Importance
of Failing Well

败亦有道—教育中的
挫折成功学



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At Risk 高危人群

- “America’s newly identified at-risk group is pre-teens and teens from affluent, well educated families. In spite of their economic and social advantages, they experience among the highest rates of depression, substance abuse, physical complaints and unhappiness of any group of kids in this country” (Dr Suniya Luthar, Columbia University).
- “The two main contributing factors come from parents, achievement pressure and isolation - parents who are over-involved in the wrong things and under-involved in the right things” (‘The Price of Privilege’, Dr Madeline Levine)
- 美国新发现的高危人群是来自富裕、受过良好教育的家庭的十几岁的青少年。尽管他们有经济和社会优势，但在这类人群中患有抑郁症，药物滥用，身体亚健康，抱怨不幸福的比率也是最高的。(Dr Suniya Luthar, 哥伦比亚大学).
 - 受父母影响主要有两大方面：获得成功的压力和孤立，过度关注／参与孩子做错的事，对正确的事不够关注。(‘特权的代价’, Dr Madeline Levine)

Growing Resilient Children 培养具有百折不挠精神的学生

- Encourage children to take on new challenges and use any failure as feedback
- 鼓励他们迎接新的挑战，把失败作为一种反馈
- Help them to notice their own strategies for recovery from adversity
- 帮助他们发现自己从困难中自我修复时所采取的策略

Developing Resilient Learners

培养具有百折不挠精神的学习者

- If they have any problems understanding or learning schoolwork, focus them on the factors they can control 如果孩子在学习或理解学校功课时遇到困难，应该让他们关注在可支配的方面 - 努力程度和策略技巧
- What do they have control over? 学生可支配哪些方面呢?

At school, what do students have control over? 在学校，哪些是学生可支配的方面？

1) How much effort they put in 努力程度

2) What strategies they use for: 需要哪些策略

- time management 时间管理
- listening and concentration 倾听和专注
- note making & summarising 记笔记&归纳总结
- reading for understanding 为了理解而阅读
- remembering well 记得好
- setting and achieving goals 制定目标完成目标
- dealing with pressure & stress 学会缓解压力
- failing well 败而不倒

- Who they are taught by? 谁教他们？
- What they are taught? 教的什么内容？
- Where they are taught? 在什么地方教的？
- When they are taught? 什么时候教的？
- How they are taught? 怎么教的？
- Who sets tests and exams? 谁制定考试和测验？
- Who marks tests and exams? 谁阅卷？

21st C skills training is all about
focusing students on **factors** to improve
success that are **in their control**

21 世纪技能的培养关注在帮助学生提
升能够获得成功的**内控因素**

Prof Carol S. Dweck on Praise

...for effort...努力

“you are so hard working, persistent, determined....”

“你这么努力，一直坚持不懈，如此执着.....”

- links your approval to something the child **has control over** - they can always do more, grow, develop and improve it
- any test or assessment becomes a measure of progress, an opportunity to learn
- 把你的关注点联系到孩子可以**支配**的方面 - 他们在这些方面永远可以做得更多，有所成长，有所发展并且不断提高
- 任何测试或考试变成进步的度量，学习的机会

...for ability...能力

“you are so smart, talented, intelligent....”

“你太聪明了，太有天分了，太有才华了.....”

- links your approval to something that the child **has no control over** - they cannot do more of it, grow, develop or improve it
- any test or assessment becomes a critical judgment, an opportunity to fail
- 把你的关注点联系到孩子**无法支配**的方面 - 他们在这些方面无能为力，无法发展或提高
- 任何测试或考试变成重要的评判和成为失败的可能

Developing Resilient Learners 培养百折不挠的学习者

- Focus any praise for achievement on observed effort rather than ability
 - Help them to focus on the processes of learning, ie. the learning strategies and 21st C skills they are using, as their best source of improvement
 - Enrol them in a good 21st C skills programme
 - Help them find good internet resources
- 在夸奖学生取得的成就时把关注点放在学生的努力程度方面而不是先天能力方面
 - 帮助学生关注学习的过程，例如他们在学习中所运用的学习策略和21世纪技能，以此作为最好的提升学习的资源
 - 给孩子报名参加提高21世纪学习技能的课程
 - 帮助他们找到高质量的网络资源

Organisation 其他支持

- High speed internet is necessary – look into parental tools, apps like OurPact, SelfControl
 - Make sure they have an place to do school work which suits them physically
 - Help build good habits of study – if possible at the same time every day, well supported
- 需要高速便捷的网络 - 借助家长辅导工具，应用app，如 OurPact, SelfControl
 - 确保他们有一个舒适的环境来完成学校的功课
 - 培养良好的学习习惯 - 如果条件允许，尽量每天在同一时间段提供支持和辅导

Organisation 其他支持

- Help them learn to use the things they enjoy as rewards for getting work done
 - 当他们完成功课时用他们喜欢做的事情来作为奖励
- To remember what they learn at school, each night they need to read over what they did that day
 - 孩子每晚需要复习当天所学来帮助他们加强记忆
- Allow them to form study groups with friends as long as they use time together to get work done
 - 让他们与朋友组成学习小组, 只要他们是在一起来完成功课

Parent as Role Model 家长的榜样力量

- The idea of success through learning is picked up best by imitation - make the culture of your family a learning culture
- Strive to be worthy of imitation
- 模仿是最好的学习 - 把学习文化作为你的家庭文化
- 家长要努力成为孩子的学习榜样

Business Opportunities: 合作机会

- I am looking for people – teachers, entrepreneurs, publishers, translators: 我在寻找人才—老师、创业者、出版商、译者
 - to translate all my student courses into Chinese and start delivering those courses across China 全国范围内用中文教授我的课程（针对学生）
 - to set up a 21st C skills training programme in Beijing – in English and in Chinese 在北京启动21世纪技能培训课程—中英文授课
 - to translate my new parents book and my 21st C skills books into Chinese and distribute throughout China 翻译、出版、发行我的新书（针对家长的和针对学生的21世纪技能）
- If you are interested email me at lance@taolearn.com 如果你有兴趣，请联系我